101 glorious ways to cook chicken

Lighter, clearer Wesson sets the modern fashion for cookery with pure vegeta

Which shall it be tonight?

Chicken Almondine . . . Brunswick . . . Creole . . . Delaware . . . You never had so many enticing reasons to reach for the skillet and reach for the Wesson. How wise you are, too, to enjoy chicken often. Chicken is moderate in calories . . . rich in poly-unsaturates and wonderfully nutritious—one of the most economical sources of protein available in your grocery store. Pound for pound, it is an excellent buy year round.

From the start of these tempting dishes, it's a pleasure to pour Wesson from its neat No-Drip bottle. As chicken browns to a golden turn, Wesson takes the smoke out of frying, keeps in all the goodness.

There is no better, easier cooking method to help you cut down saturated fat. Just do all your cooking with Wesson, the pure vegetable oil, instead of solid fat. Wesson is poly-unsaturated—not hydrogenated—never saturated with hydrogen as solid shortenings are.

Serve up the best of all chicken tonight, starting with the sparkle of transparently pure Wesson, lighter and clearer than any other leading oil.

NOTE: *When your physician has advised you to cut down on saturated fats, you should use skim milk instead of whole milk and pass up the recipes marked thus*.*

SOUTHERN FRIED CHICKEN

1 fryer, disjointed
1/2 cup flour
1-1/2 teasp. salt
1/4 teasp. pepper
Wesson to depth of 1 inch in skillet

Coat chicken with flour mixed with salt and pepper. Heat Wesson moderately hot (350°) in heavy skillet. Add chicken, cover, cook 10 to 15 min. When golden brown, turn. Reduce heat. Finish cooking without lid. Turn as needed. Drain on paper towels. 4 servings.

Country Gravy: Pour off all but 3 tablesp. oil and browned bits. Blend in 3 tablesp. flour. Cook, stirring until lightly browned. Stir in 2 cups milk, chicken broth or water. Simmer 5 min., stirring constantly. Salt and pepper to taste.

Please see note on page 2.

Tempting variations—

Spicy Chicken with Gingersnap Gravy: Add ½ teasp. ground ginger to flour for coating chicken. Prepare country gravy (above), blend in 4 gingersnaps, crushed.

Crunchy Coatings: Dip chicken in milk or buttermilk, then coat with one of these before frying . . . bread crumbs, crushed dry cereal, fancy cracker crumbs or pretzels. Each is delectable.

Please see note on page 2.

Herb or Spicy Fried Chicken: To flour or crunchy coating-mix, add a little of one of these. Enjoy 15 glorious new chicken dishes.

Mint	Savory	Allspice
Basil	Sage	Chili Powder
Thyme	Coriander	Poultry Seasoning
Oregano	Tarragon	Paprika
Marjoram	Nutmeg	Curry Powder

Fried Chicken with Orange Glaze: Grate peel from an orange, add half to flour mixture for coating chicken. When cooked, remove chicken and keep warm. Drain off all but 2 tablesp. drippings and browned bits. Stir in 2 teasp. cornstarch and juice of 2 oranges. Stir, cook while mixture thickens. Pour glaze over chicken. Sprinkle with remaining orange peel and chopped parsley.

Pungent Orange Glaze: To the orange glaze add ½ teasp. dry mustard and a generous dash of Tabasco.

Chicken and Onion Rings: Cook chicken, keep warm. Slice large onions and separate rings, dip in seasoned flour or pancake mix, then fry in hot Wesson (375°) for 2 to 3 min. Turn occasionally. Drain, sprinkle with salt.

Delhi Chicken: Keep fried chicken warm. To 2 tablesp. drippings and browned bits add 1 cup thinly sliced celery and leaves (green celery is best). Cover, cook slowly 5 min. Add ½ cup chicken broth, stir well, let cook 1 min. Add 3 bananas, peeled and quartered, and ¼ cup chutney. Cover and cook 5 min. Serve sauce with chicken.

Chicken Almondine: Keep fried chicken warm. To 1 tablesp. drippings and browned bits add ½ cup slivered almonds, brown lightly while stirring. Stir in ¼ cup water, 2 tablesp. lemon juice, 1 teasp. grated lemon peel, ½ teasp. paprika. Serve sauce with chicken. Garnish with chopped parsley.

WESSON CHICKEN RIVIERA

1 fryer, cut up
1/2 cup flour
1-1/2 teasp. salt
1/4 teasp. pepper
Wesson to depth of 1/2 inch in skillet
1 clove garlic, minced
2 cups chicken broth
1/4 teasp. crushed rosemary
3 carrots, sliced
3 lemon slices
2 tablesp. chopped parsley

Shake chicken pieces in paper bag with flour, salt and pepper. Heat Wesson moderately hot in heavy skillet. Add chicken, brown all sides, remove. Drain off all but 2 tablesp. oil and browned bits. Add garlic, broth and rosemary, stir well. Replace chicken, top with remaining ingredients and salt if needed. Cover, simmer 30 min. 4 servings.

SHENANDOAH SPAGHETTI

1 fryer, disjointed
1/2 cup flour
1-1/2 teasp. salt
1/4 teasp. pepper
Wesson to depth of 1 inch in skillet
1 small green pepper, sliced thin
1 tart apple, chopped
1 bay leaf
1 can (8 oz.) tomato sauce, such as Hunt's
1 cup water
1/2 lb. spaghetti, cooked

Coat chicken with flour mixed with salt and pepper. Brown chicken in Wesson. Remove. Drain off all but 2 tablesp. drippings and browned bits. Combine remaining ingredients except spaghetti in skillet with chicken. Cover, simmer 15 min. Salt to taste. Serve chicken and sauce on spaghetti. 6 servings.

PAN FRIED CHICKEN

1/2 cup flour
1-1/2 teasp. salt
1/4 teasp. pepper
1 fryer, disjointed
3/4 cup Wesson

Combine flour and seasonings in paper bag, shake chicken in flour mixture. Place chicken in hot Wesson, skin side up. Brown over medium heat on all sides. Cover, reduce heat and cook 20 to 30 min. Turn occasionally. 4 servings.

Wonderful new ways to dress up Fried Chicken—

Chicken Eden: Brown chicken, remove from pan to drain off all but 2 tablesp. drippings and browned bits. Add 1 onion, chopped, 1 clove garlic, minced, 1 cup chicken broth, ¼ cup sherry. Replace chicken. Top with 1 small green pepper, sliced, ½ cup sliced black figs, wedges of a peeled tomato. Cover, simmer 20 to 30 min. Salt to taste.

Chicken 'n Yams: After chicken is cooked, remove it to warm platter. Drain off all but ¼ cup Wesson. Brown parboiled slices of 4 yams on both sides. Sprinkle with sugar.

Tomato-Mushroom Gravy: Remove chicken to warm platter. Pour off all but 2 tablesp. Wesson and browned bits. Cook 2 green onions, chopped, ½ pound fresh mushrooms, sliced (or a 4-oz. can, drained) until tender. Add 1 can (8 oz.) tomato sauce. Simmer 5 min.

Chicken and Apple Rings: Cook chicken, keep warm. Cut apple rings. Cook in drippings, sprinkle with salt, sugar and nutmeg.

Calico Gravy for Fried Chicken*: Keep fried chicken hot. Drain off all but 2 tablesp. drippings and browned bits. Add 3 carrots, sliced, 2 green onions, diced, cook 2 min. Add 1 cup chicken broth, stir until mixture boils. Cover and cook slowly until carrots are just tender. Add 1 small avocado, sliced, 1 cup cranberry jelly squares, salt if needed. Heat through, serve with chicken and noodles.

*Please see note on page 2.

BATTER FRIED CHICKEN

1 egg, slightly beaten
2/3 cup milk
1 tablesp. Wesson
1 cup sifted all-purpose flour
1-1/2 teasp. baking powder
1-1/2 teasp. salt
1/4 teasp. pepper
1 fryer, disjointed
Wesson for deep frying

Combine egg, milk and Wesson. Sift together flour, baking powder, salt and pepper. Blend into milk mixture, beat smooth. Dip chicken into batter, drain. Cook chicken in deep Wesson heated to 350° about 12 min., until done. 4 servings.

Please see note on page 2.

For intriguing new flavor, try—

Grandma's Chicken: Add 1 teasp. grated onion and ½ teasp. sage to batter.

Caraway: Blend 2 teasp. caraway seeds into batter.

Plantation Special: Use ¾ cup buttermilk instead of milk in batter. Omit baking powder.

Spicy Plantation Special: Use ¾ cup buttermilk as batter liquid. Omit baking powder, add ½ teasp. curry powder.

Nutty Chicken: Omit Wesson in batter. Add 2 tablesp. peanut butter.

Glory Fries: Mix 1 teasp. celery seed, ½ teasp. turmeric into batter.

Rosy Harvest: Make batter by beating together 1 egg, 1 teasp. salt, dash pepper, ¼ teasp. basil, ¾ cup flour, 1 can (8 oz.) tomato sauce, such as Hunt's.

DEEP FRIED CHICKEN

Cut frying chicken into serving pieces, dry well. Fry in deep Wesson heated to 350° until tender and golden brown—do not crowd chicken in frying kettle. Drain on paper towels, sprinkle with salt and pepper or seasoned salt. 4 servings.

BROWNED CHICKEN FRICASSEE

1/2 cup flour
1 teasp. salt
Dash pepper
1/4 teasp. nutmeg
1 roasting chicken, disjointed
1/4 cup Wesson
1 onion, chopped
3 cups water

Combine first 4 ingredients, use to coat chicken. Brown chicken in deep fry pan in hot Wesson. Stir in onion and water, cover and simmer 2 hours or until chicken is tender. Serve over noodles or mashed potatoes. 6 servings.

Tasty variations—

Brunswick Stew: Reduce water to 2 cups. Add 1 can (16 oz.) tomatoes. Simmer 1 hour, add 2 potatoes, diced, a 10-oz. pkg. each frozen cut okra, lima beans and corn niblets, 2 teasp. salt, ¼ teasp. pepper. Cook until chicken is tender. For traditional stew, cook until meat falls from bones.

Horseradish Sauce: Blend horseradish to taste into fricassee gravy.

With Mushrooms: Cook ½ pound sliced fresh mushrooms in 2 tablesp. Wesson. Add to fricassee just before serving.

OVEN FRIED CHICKEN FOR A CROWD

6 fryers, disjointed
3 cups flour
2 tablesp. salt
2 tablesp. paprika
1-1/2 teasp. pepper
3 cups Wesson

Coat chicken with mixture of flour, salt, paprika and pepper. Save leftover flour for gravy. Cover bottom of large, shallow baking pans with Wesson. Coat chicken with the Wesson and place skin side down in a single layer. Do not crowd. Bake at 350° (moderate oven) about one hour. Turn once, baste often. 24 servings.

If desired add 1 tablesp. of one of the following to flour mixture: oregano, thyme, rosemary, dill or chili powder.

Gravy: For each ½ cup of drippings, mix in ½ cup flour. Slowly stir in 1½ quarts liquid—chicken broth or milk. Cook over low heat, stirring till blended. Season.

Please see note on page 2.

OVEN BAKED CHICKEN FOR A CROWD

Cut fryers in serving pieces, allowing a chicken for 4 servings. Coat with Wesson, place in baking pans. Sprinkle with salt or seasoned salt, pepper and paprika. Bake at 350° (moderate oven) about 1 hour, until tender. Baste often.

BROILED CHICKEN

Brush broiler chicken halves with Wesson, sprinkle on salt and pepper. Place on foil-lined broiler rack, skin side down. Broil 6 to 8 inches from heat, turning and brushing with oil as needed. It takes 30 to 45 min.

Jelly Glazed: Add spoonfuls of melted apple, mint, plum or cranberry or other jelly or preserves to chicken shortly before it finishes cooking.

Paprika Broiled: Combine ½ cup Wesson, 2 tablesp. lemon juice, 1 tablesp. flour, 1 teasp. each salt and paprika. Use to coat chicken during broiling.

Deviled: To ½ cup Wesson add 1 teasp. each chili powder, salt and paprika, ¼ teasp. each dry mustard and Tabasco, 1 tablesp. vinegar. Use to coat chicken during broiling.

Garlic-Oregano: To ½ cup Wesson add 1 clove garlic, crushed, 1 teasp. each oregano and salt, dash pepper. Let stand an hour before using to baste chicken during broiling.

Parmesan Broiled Chicken*: A few min. before chicken finishes cooking sprinkle with Parmesan cheese. Garnish with chopped parsley.

*Please see note on page 2.

CHERRY OR GRAPE SAUCE

1 onion, chopped
2 tablesp. Wesson
2 teasp. cornstarch
1 cup pitted bing cherries or white grapes
1/2 cup white wine
1 teasp. grated orange peel
Sugar and salt to taste

Cook onion in Wesson over medium heat 5 min. Blend cornstarch and ½ cup juice from cherries or water. Add to onion. Cook, stirring constantly until thickened. Stir in wine, orange peel, sugar, salt. Add cherries, heat. Serve with broiled or pan fried chicken. About 1½ cups.

ROAST CHICKEN

For golden crisp goodness, brush Wesson all over roasting chicken. Bake at 325° (moderate oven) about 25 to 30 min. per lb. Baste with Wesson every 30 min. Season with salt and pepper.

TRAVELER'S CHICKEN

1 fryer, disjointed
2 tablesp. Wesson
1/4 cup water
1 teasp. salt
1/4 teasp. pepper
1/2 teasp. angostura bitters
2 tart apples, in wedges
1 orange

Brown chicken in Wesson. Combine water, salt, pepper and bitters, pour over chicken. Add apples, cover and cook slowly 20 min. Cut 6 wedges from center of orange, squeeze juice from ends, add all to chicken. Cover and simmer 5 min. 4 to 6 servings.

SOUTHLANDERS' RICE

1 onion, chopped
1/2 cup chopped celery
2 tablesp. Wesson
1/2 lb. chicken giblets, chopped
2 cups chicken broth
1 teasp. salt
1/4 teasp. pepper
1 cup raw rice

Lightly brown onion and celery in Wesson, add giblets and cook a few min. Add remaining ingredients, bring to boil. Cover, cook very slowly 30 min. or until rice is done. Fluff rice with fork. 4 to 6 servings.

CHICKEN IN THE GARDEN

1 cup sliced celery and leaves
2 tablesp. Wesson
2 cups diced cooked chicken or turkey
1 pkg. (10 oz.) frozen peas and carrots
3/4 cup chicken broth
1 tablesp. cornstarch
1 tablesp. soy sauce or 1 teasp. salt
Dash pepper

Cook celery in Wesson about 3 min. Add chicken, brown lightly. Add peas and carrots, half of broth. Cover and cook over low heat about 10 min. Combine remaining broth with cornstarch and soy sauce. Stir into skillet, cooking until thickened. Serve with noodles or rice. 4 servings.

CHICKEN YOGURT*

1 fryer, disjointed
1/4 cup Wesson
2 onions, chopped
1 tablesp. paprika
1 teasp. salt
1/2 cup chicken broth
1/2 pint yogurt

Brown chicken in Wesson, remove and brown onions. Add seasonings, broth and chicken. Cover and cook over low heat 30 min. Remove chicken. Blend yogurt into drippings. Pour over chicken. Serve on hot noodles. 4 servings.

*Please see note on page 2.

SUNNY YAM SKILLET

1 fryer, disjointed
1/2 cup flour
1-1/2 teasp. salt
1/4 teasp. pepper
3/4 cup Wesson
1 onion, sliced
1 green pepper, cut in rings
1 unpeeled orange, sliced
1 can (22 oz.) yams with liquid

Coat chicken with seasoned flour, brown in Wesson. Remove, pour off all but 2 tablesp. oil and browned bits. Cook onion until tender. Return chicken to skillet, top with green pepper, orange slices and juice squeezed from ends and yam liquid. Cover, simmer 10 min. Add yams, cook 10 min. longer. 4 to 6 servings.

YAM NUGGETS

Combine 1 cup each diced cooked chicken or turkey and mashed yams. Season with salt and pepper. Dip small spoonfuls into a beaten egg, roll in crushed corn flakes. Deep fry just until browned in Wesson heated to 350°. 10 to 12 nuggets.

IRISH NUGGETS

Substitute mashed white potatoes for yams in "Yam Nuggets." Add a dash of powdered thyme.

COUNTRY GARDEN CHICKEN

1 fryer, disjointed
1/4 cup flour
1-1/2 teasp. salt
1/4 teasp. pepper
Wesson to depth of 1 inch in skillet
1 pkg. (8 oz.) frozen lima beans
1-1/2 cups chicken broth
1/2 teasp. dried mint leaves, crushed
3 green onions, chopped
1 tomato, peeled and wedged

Coat chicken with seasoned flour. Brown in Wesson, remove from skillet. Pour off all but 2 tablesp. drippings and browned bits. Add lima beans, broth, mint and green onions. Cover and cook slowly about 15 min. until beans are almost done. Add tomato. Cover, cook 5 min. 4 to 6 servings.

WESSON SKILLET SANDWICH

Make chicken sandwiches and cut in half. Heat enough Wesson to cover bottom of skillet. Add sandwiches and brown over moderate heat. Lightly brown tomato slices and chopped green onions to serve with sandwich.

TOMATO CHICKETTI

1 lb. chicken livers, chopped
2 tablesp. Wesson
1 onion, chopped
2-1/2 cups water
1 can (8 oz.) tomato sauce, such as Hunt's
1/2 lb. raw spaghetti
2 tablesp. chopped celery leaves
1-1/4 teasp. salt
1/4 teasp. Tabasco

Brown livers in Wesson. Add other ingredients. Stir lightly. Cover, simmer 30 min., stirring occasionally to keep spaghetti from sticking. 6 servings.

SKILLET CHICKEN a la KING

1 green pepper, diced
1 cup sliced mushrooms
1/4 cup Wesson
3 tablesp. flour
1 cup chicken broth
1/2 cup milk
1 cup diced cooked chicken
1 pimiento, chopped
1 egg yolk
2 tablesp. sherry

Lightly cook green pepper and mushrooms in 2 tablesp. Wesson. Remove. Add remaining Wesson, stir in flour. Add chicken broth. Cook over low heat, stirring constantly until mixture thickens. Blend in milk. Add green pepper, mushrooms and chicken, heat through. Just before serving add pimiento, then egg yolk beaten with sherry. Salt and pepper to taste. Serve on toast. 4 servings.

Please see note on page 2.

SKILLET BARBECUED CHICKEN

Salt and pepper fryer pieces and brown on all sides in moderately hot Wesson (350°) to the depth of 1 inch in skillet. Remove chicken to pour off all but 2 tablesp. oil and browned bits. Return chicken to skillet, add Quick Barbecue Sauce. Cover and simmer 30 min.

QUICK BARBECUE SAUCE

1 onion, chopped
1/4 cup Wesson
1 can (8 oz.) tomato sauce, such as Hunt's
1/2 cup water
1/4 cup lemon juice
1/4 cup brown sugar
3 tablesp. Worcestershire sauce
2 tablesp. prepared mustard
2 teasp. salt
1/4 teasp. pepper

Cook onion in Wesson until tender. Add remaining ingredients. Simmer 15 min. About 3 cups. Use for Skillet Barbecued Chicken or broiled chicken.

BELL RINGER

1 eggplant, sliced
1 onion, chopped
1/4 cup Wesson
1 cup chicken gravy
1 teasp. Worcestershire sauce
2 cups cubed cooked chicken
2 pimientos, in strips
Salt and pepper to taste
2 tablesp. chopped parsley or celery leaves
2 slices bread, cubed

Cook eggplant and onion in Wesson until lightly browned. Add gravy and Worcestershire. Cover, cook slowly about 10 min., until done. Top with remaining ingredients, ending with bread. Simmer without cover 5 min. or until thoroughly hot. 6 servings.

CHICKEN LIVERS SAUTÉ

Cut livers in half, prick lightly to prevent "popping" as they cook. If desired, dredge in seasoned flour. Pan fry over low heat about 3 min. in 2 tablesp. Wesson. Sprinkle with salt and pepper. Serve on toast or with scrambled eggs.

Kabobs: Alternate pieces of liver on skewers with mushrooms, squares of green pepper and slices of cooked carrot. Cook as above.

Wesson takes the smoke out of frying chicken . . . puts in its own wholesome goodness.

CHICKEN PANCAKES*

1 cup milk
1 egg
1 tablesp. Wesson
1 cup pancake mix
1 cup diced cooked chicken or turkey
1/2 cup yogurt
1 teasp. dill weed (opt.)

Stir together milk, egg, Wesson and pancake mix until fairly smooth. Add half of chicken. Cook on lightly oiled and heated griddle. Combine yogurt with remaining chicken and dill weed. Serve on hot cakes. 10 pancakes.

*Please see note on page 2.

SKILLET CHICKEN HASH

1/2 cup chopped celery and leaves
2 tablesp. Wesson
1 cup diced cooked potato
2 cups diced cooked chicken
About 1/2 cup chicken gravy
1/8 teasp. thyme
4 eggs
Salt and pepper to taste
Paprika and chopped parsley

Cook celery in Wesson until tender. Mix in next 4 ingredients. Make 4 depressions in hash, drop in eggs. Season with salt and pepper. Cover, cook over medium-low heat until eggs are set, about 10 min. Garnish with paprika and parsley. 4 servings.

CHICKEN FRITTERS

2 eggs, separated
2 cups chopped cooked chicken or turkey
1/2 cup minced celery and leaves
1 teasp. grated onion
1/4 cup flour
1/2 teasp. salt
2 tablesp. Wesson
Chicken gravy

Mix egg yolks and next 5 ingredients. Fold in beaten egg whites. Drop mixture from a large spoon into heated Wesson. Brown on both sides. Serve with chicken gravy. 6 to 8 fritters.

SKILLET PIES

Pastry:
2-3/4 cups sifted all-purpose flour
2 teasp. salt
1/2 cup Wesson
1/2 cup milk

Mix flour and salt. Pour Wesson and milk into 1 measuring cup (don't stir), add all at once to flour. Stir until mixed. Shape into ball. Place half of dough between 12-inch squares of waxed paper. (Lightly dampen table top to prevent slipping.) Roll dough 1/8 inch thick to edges of paper. Peel off top paper. Cut in 5-inch squares. Prepare 2 cups thick filling. Place a large spoonful of filling on each square, fold to make a triangle. Seal edges with fork dipped in flour.

Fry pies 4 to 5 minutes in 1 inch of Wesson heated to 350°, turn to brown both sides. Drain, serve warm. 8 to 10 pies.

Chicken Filling: Mince cooked chicken, mix with chopped pimiento, chopped parsley and enough thick white sauce to moisten.

Please see note on page 2.

CHICKEN SAUTÉ WITH NEW POTATOES

1 fryer, disjointed
1/4 cup Wesson
1 clove garlic, minced
1-1/2 teasp. salt
1/4 teasp. pepper
1/2 cup chicken broth
1 lb. small new potatoes, peeled or unpeeled
1/4 cup red wine (opt.)
1 pkg. (10 oz.) frozen green peas

Coat chicken with hot Wesson in heavy skillet. Brown over medium heat. Add remaining ingredients except peas. Cover and simmer about 25 min. Add peas last 10 min. of cooking. Salt if needed. 4 servings.

CAROLINA CHICKEN

1 fryer, disjointed
1/2 cup Wesson
1 onion, chopped
1 teasp. Worcestershire sauce
1 bay leaf
2 cans (16 oz. size) okra and tomatoes, such as Blue Plate brand
1 teasp. salt
1/4 teasp. Tabasco

Brown chicken in Wesson, remove and drain off all but 2 tablesp. oil. Add onion, cook 5 min. Add remaining ingredients, replace chicken. Cover, cook slowly 20 min., until chicken is tender. Serve with hot corn bread or rice. 4 to 6 servings.

COUNTRY KETTLE

- 1/2 cup flour
- 1/8 teasp. garlic powder
- 1/4 teasp. pepper
- 2 teasp. salt
- 1 fryer, disjointed
- 3/4 cup Wesson
- 1 eggplant, in 1/4-inch slices
- 1 can (16 oz.) tomatoes
- 1 can (4 oz.) mushrooms
- 1 onion, sliced
- 1/4 teasp. rosemary
- 1 small green pepper, chopped

Combine first 3 ingredients, half of salt. Use to coat chicken. Brown chicken in Wesson in large skillet or Dutch oven, remove. Brown eggplant. Combine all ingredients. Cover and cook over low heat 20 to 25 min. 6 servings.

CHICKEN ROSEMARY

- 1 fryer, disjointed
- 1/4 cup Wesson
- 1-1/2 teasp. salt
- 1/4 teasp. pepper
- 1 small onion, chopped
- 1 clove garlic, minced
- 1 cup chopped celery and leaves
- 1/4 cup sherry or white wine
- 1 teasp. rosemary

Coat chicken with hot Wesson in heavy skillet. Brown. Sprinkle with seasonings, add remaining ingredients. Cover, simmer 20 to 30 min., basting occasionally with rosemary sauce. 4 servings.

CHICKEN SCRAPPLE

- 1 small onion, minced
- 1 tablesp. Wesson
- 3 cups chicken broth and/or water
- 1/2 teasp. poultry seasoning
- 1 teasp. salt
- Dash nutmeg, cayenne
- 1 cup cornmeal
- 2 cups minced cooked chicken

Cook onion in 1 tablesp. Wesson 2 min. in heavy saucepan. Add 2 cups chicken broth and seasonings, bring to broil. Combine cornmeal with other cup broth, stir into boiling mixture. Stir until mush thickens and boils. Turn heat very low, add chicken. Cover and cook slowly 10 min. or until done. Add water, salt if needed. Rinse loaf pan with water, pour in the scrapple. Chill until firm.

To fry scrapple, slice ¼ inch thick and coat with flour. Brown in enough Wesson to cover bottom of skillet. Serve with chicken gravy or apple sauce. 10 servings.

CHICKEN BRAZILIA

- 1 fryer, disjointed
- 1/4 cup flour
- 1-1/2 teasp. salt
- 1/4 teasp. pepper
- 3/4 cup Wesson
- 1/2 cup chopped celery and leaves
- 3 green onions, chopped
- 1 to 2 teasp. chili powder
- 1-1/2 cups chicken broth
- 2 tomatoes, peeled and wedged
- 1 can (5 oz.) shrimp†
- 1 pimiento, diced
- Brazil nuts, slivered

Lightly coat chicken with flour mixed with salt and pepper. Brown in Wesson. Remove chicken, drain, retaining 2 tablesp. drippings and browned bits. Add celery, onions, chili powder and broth, stir well. Replace chicken, top with tomatoes. Cover, simmer 20 to 30 min. Add shrimp, salt if needed. Heat through. Garnish with pimiento and Brazil nuts, serve on rice. 4 to 6 servings.

†Blue Plate, Gulf Kist or Dunbar brand.

CHICKEN-MAC SAUTÉ

- 2 cups raw elbow macaroni
- 1 onion, chopped
- 1 green pepper, chopped
- 1 clove garlic, minced
- 1/2 cup Wesson
- 1 can (6 oz.) tomato paste, such as Hunt's
- 2-1/2 cups water or part chicken broth
- 1 teasp. salt
- 1/4 teasp. pepper
- 2 teasp. Worcestershire sauce
- 2 cups diced cooked chicken

Sauté macaroni, onion, green pepper and garlic in hot Wesson till macaroni turns slightly yellow. Add remaining ingredients except chicken and bring to a boil. Cover, simmer about 20 min. Stir occasionally. Add chicken, heat. 6 servings.

CHICKEN LOGS (CROQUETTES)

- 2 cups finely chopped cooked chicken or turkey
- 1 teasp. grated onion
- 2 tablesp. chopped parsley
- 1/2 to 3/4 cup thick white sauce
- 1 cup fine dry crumbs
- Wesson for deep frying

Combine chicken, onion and parsley with white sauce to moisten, chill. Form into 10 little logs. Roll in crumbs. Let stand to dry coating. Fry about 2 min. or until golden in Wesson heated to 375°. Drain.

Re White Sauce, see note on page 2.

COUNTRY CAPTAIN

1/4 cup flour
1-1/2 teasp. salt
1 fryer, disjointed
1/4 cup Wesson
1 onion, chopped
1 green pepper, sliced
1 clove garlic, minced
1 can (8 oz.) tomato sauce, such as Hunt's
2 cups water
1/4 teasp. Tabasco
1 teasp. curry powder
1/2 cup currants or raisins
Toasted slivered almonds

Flour and salt chicken. Brown in Wesson, remove. Add onion, green pepper and garlic, cook 3 min. Blend in tomato sauce, water, seasonings and currants. Mix well, replace chicken. Cover, simmer 30 min., until done. Delicious with rice and garnish of nuts. 4 to 6 servings.

AUNT SALLY'S SPECIAL

1 fryer, disjointed
1 egg, slightly beaten
1 tablesp. Wesson
1 1/2 teasp. salt
1/4 teasp. pepper
1/2 cup cornmeal
Wesson for deep frying

Dip chicken in egg mixed with 1 tablesp. Wesson (for wonderful golden browning), salt and pepper. Coat with cornmeal. Deep fry in Wesson heated to 350°, until browned and tender. 4 servings.

GALA CHICKEN NEWBURG*

1 small onion, chopped
3 tablesp. Wesson
3 tablesp. flour
1 teasp. salt
Dash pepper
1/4 teasp. tarragon
1 cup chicken broth
1/2 cup milk
2 cups diced cooked chicken
1 egg yolk, slightly beaten
1 tablesp. lemon juice
1/4 cup sherry
1 pimiento, chopped
1 avocado, cubed

Cook onion in Wesson 3 min. Mix in flour, seasonings, broth and milk. Stir while mixture cooks slowly and thickens. Add chicken, lightly blend in egg yolk then lemon juice, sherry, pimiento, avocado. Heat. Serve on toast. 4 to 6 servings.

*Please see note on page 2.

Wesson Fried Chicken is the first to go at every picnic, because Wesson leaves no film on cold chicken the way solid shortening does.

SPICED CHICKEN

1 cup orange juice
1-1/2 cups sliced canned or frozen peaches
2 tablesp. brown sugar
2 tablesp. vinegar
1 teasp. mace or nutmeg
1 teasp. basil
1 clove garlic, minced
6 each fryer chicken legs and thighs
1/2 cup flour with 1 teasp. salt and dash pepper
Wesson to depth of 1 inch in fry pan

Combine first 7 ingredients in saucepan, cook slowly 10 min. Dredge chicken in seasoned flour and brown in hot Wesson. Remove chicken to pour off all but 2 tablesp. drippings and browned bits. Replace chicken, pour fruit sauce over top. Cover, simmer 20 min. 4 to 6 servings.

WESSON CHICKEN DIVINE

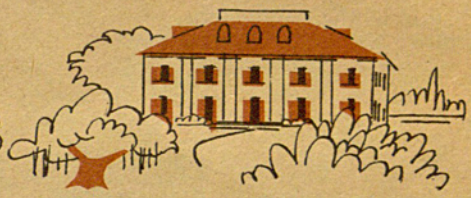
4 chicken breast halves
2 tablesp. flour, with 1/2 teasp. salt and dash pepper
2 tablesp. Wesson
1 pkg. (10 oz.) frozen broccoli
2 tablesp. flour
1/2 cup chicken broth
1/2 cup milk
1/4 teasp. tarragon, crumbled
Bread crumbs

Coat chicken with seasoned flour. Brown in hot Wesson. Reduce heat to low, cover and cook about 30 min. Add broccoli last 15 min. Remove chicken and broccoli to warm oven. Stir in 2 tablesp. flour. Add broth, milk and tarragon. Stir constantly, cook about 2 min. until thickened. Pour over chicken and broccoli. Sprinkle with bread crumbs. Brown under broiler. 4 servings. With fresh broccoli, parboil 10 min. Add to chicken when heat is reduced.

Please see note on page 2.

LOUISIANA MEDLEY

Brown fryer chicken in ¼ cup Wesson. Combine ½ cup dry vermouth, 1½ teasp. salt, ¼ teasp. each pepper and cinnamon, 1 tablesp. brown sugar. Add to chicken with 2 tart apples, cut in wedges. Baste. Cover, cook slowly 20 min. Add 3 cooked yams, peeled and sliced. Baste with cooking liquid. Cover, simmer until heated. Garnish with maraschino cherries. 6 servings.



CREOLE CHICKEN GUMBO

1 cup cut celery and leaves
1 large onion, chopped
1 tablesp. flour
1/4 cup Wesson
3 cups chicken broth
1 can (16 oz.) tomatoes
1 green pepper, chopped
1 bay leaf
1/4 teasp. thyme
2 cups sliced okra (fresh, frozen or canned)
2 tablesp. chopped parsley
Salt to taste
1/4 teasp. Tabasco
2 cups coarsely cut cooked chicken
1 can (5 oz.) shrimp†, drained
Hot rice

Cook celery, onion and flour in Wesson 5 min., stirring as needed. Add next 9 ingredients, stir well. Simmer 30 min. Stir occasionally. Add chicken and shrimp, heat through. Add a dash of Tabasco, serve in soup bowls with hot rice on top. 6 servings.

†Blue Plate, Gulf Kist or Dunbar brand.

CHICKEN ROLLETTES

6 chicken breast halves, boned
6 tablesp. filling (cranberry jelly, chutney or chopped cooked mushrooms, drained)
Salt and pepper
2 tablesp. flour
1 egg
1 tablesp. water
1/4 to 1/2 cup fine dry bread crumbs
Wesson for deep frying

Pound skinned chicken between sheets of waxed paper until as thin as possible. Place 1 tablesp. filling on each piece of chicken. Sprinkle with salt and pepper. Roll envelope fashion. Dredge in flour, dip in egg beaten with water, then in crumbs. Deep fry 5 to 10 min. or until done in Wesson heated to 350°. Drain. 6 servings.

CHICKEN JAMBALAYA

1 fryer, disjointed
1/4 cup Wesson
1 green pepper, chopped
1 onion, chopped
1 clove garlic, minced
1-1/2 cups raw rice
2 teasp. salt
2 teasp. Worcestershire sauce
1/4 teasp. thyme
1/4 teasp. Tabasco
1 can (5 oz.) shrimp†, drained
3 cups water

Brown chicken in Wesson in large skillet. Remove. Cook green pepper, onion, garlic and rice slowly 5 min. Stir often. Add seasonings, water and chicken. Bring to boil, cover, cook over low heat 25 min. Remove cover, fluff rice, add shrimp, cook 5 to 10 min. longer. 6 servings.

†Blue Plate, Gulf Kist or Dunbar brand.

WESSON CHICKEN SALAD—COLD OR HOT

1/2 cup chopped pecans
1/4 cup Wesson
2 green onions, chopped
1 cup chopped celery and leaves
1/2 teasp. salt
Dash pepper, dill weed
2 cups cubed cooked chicken or turkey
1/4 cup chopped sweet pickles
1 tablesp. lemon juice or vinegar
Diced pimiento
2 hard cooked eggs, sliced

Brown nuts in Wesson, remove. Add onion and celery, cook slowly 5 min. Lightly toss with remaining ingredients except eggs. Chill to serve cold, heat through for hot salad. Garnish with eggs and nuts. 6 servings.

CHICKEN DELAWARE

Combine ¼ cup each Wesson and beer with 1 teasp. salt, ¼ teasp. pepper, 2 tablesp. catsup, 1 teasp. basil, crumbled. Use to baste chicken during broiling. Shortly before serving, baste chicken well, then cover lightly with bread crumbs mixed with paprika. Broil till brown. 4 servings.

CHICKEN PILAF

1 onion, chopped
1 cup raw rice
2 tablesp. Wesson
2 cups chicken broth
1 teasp. salt
Dash pepper
1/4 teasp. thyme
1/2 cup raisins
1 green pepper, chopped
2 cups diced cooked chicken or turkey
1 pimiento, chopped

Slowly cook onion and rice in Wesson over medium heat about 5 min., stir often. Add next 6 ingredients. Bring to boil, cover and simmer 25 min. Gently mix in chicken, cover and heat 5 min. Garnish with pimiento. 6 to 8 servings.

FRIED CHICKEN ORIENTAL

1 fryer, disjointed
Wesson to depth of 1 inch in skillet
2 green onions, chopped
1 cup chicken broth
2 tablesp. soy sauce
1/2 lemon, sliced
1 tablesp. cornstarch
1 teasp. brown sugar

Brown chicken in Wesson. Remove chicken and drain off all but 2 tablesp. oil and browned bits. Brown onions lightly. Add remaining ingredients, cook over medium heat, stirring constantly until thickened. Replace chicken, cover and simmer 10 min. 4 servings.

FRUITED CHICKEN

Coat fryer with ¼ cup Wesson, brown. Add 1 cup each cubed pineapple and chopped onion, 12 pitted prunes, ¼ cup minced celery leaves, 1 clove garlic, minced, 2 tablesp. soy sauce, ½ teasp. marjoram. Cover, simmer 20 min. Add 1 cup sliced celery, ½ cup dried apricots. Cook 10 min. 4 to 6 servings.

HONEY-SOY BARBECUE SAUCE

1/4 cup lemon juice
2 teasp. grated lemon peel
1 teasp. dry mustard
1/2 teasp. salt
Dash pepper
2 tablesp. honey
2 tablesp. soy sauce
1/2 cup Wesson

Combine all ingredients. Let stand an hour before using to baste broiled or barbecued chicken. About 1 cup.

EGGS FOO YOONG

1 green pepper, chopped
1 onion, chopped
1/4 cup Wesson
1 cup diced cooked chicken or turkey
1 can (5 oz.) water chestnuts, drained and sliced
1 cup bean sprouts, drained
2 to 3 tablesp. soy sauce
5 eggs, separated

Cook green pepper and onion in Wesson over low heat until tender. Add chicken, water chestnuts, bean sprouts and soy sauce, remove from heat. Beat egg whites till fluffy. Beat egg yolks and fold into egg whites. Pour over chicken mixture. Cover, cook over low heat without stirring 15 min. or until eggs are cooked. Cut in wedges. 4 to 6 servings.

WESSON CHICKEN CURRY

Cook 2 cut onions in 3 tablesp. Wesson 5 min. Mix in 2 tablesp. flour, 1 teasp. curry powder, ¼ teasp. salt or more, dash pepper, 1 cup chicken broth, ½ cup raisins, 2 cloves. Stir until thick. Add juice and grated peel of ½ lemon, 2 cups diced cooked chicken or turkey. Cover, cook slowly 10 min. Serve with rice and garnishes of chopped egg, water chestnuts, pimiento, parsley, orange peel, peanuts, beets. 4 servings.

The sparkling choice for chicken . . .
Wesson, the pure vegetable oil, is
lighter and clearer than
any other leading oil.

CHICKEN WALNUT

1 fryer, disjointed
1/4 cup Wesson
1 cup each thinly sliced green beans, celery with leaves
1 teasp. each salt, brown sugar
1/4 teasp. pepper
1 cup chicken broth
1 tablesp. cornstarch
2 tablesp. soy sauce
1 cup fresh mushrooms or 1 can (4 oz.)
1 can each (5 oz. size) water chestnuts, bamboo shoots, sliced
1/2 cup walnuts

Brown chicken in Wesson, cover and cook slowly 20 min. Add green beans, celery, seasonings and broth. Cook 5 to 10 min. (let vegetables stay crisp). Combine cornstarch and soy sauce, stir into chicken mixture with mushrooms, cook until thickened. Add remaining ingredients, heat through. Garnish with walnuts, serve on rice. 4 to 6 servings.

SWEET 'N SOUR CHICKEN

1 fryer, disjointed
Wesson to depth of 1 inch in skillet
1/2 cup maple or maple-flavored syrup
1/4 cup water
1 lemon, sliced
1/2 cup raisins
1 teasp. salt
Dash pepper

Brown chicken in Wesson. Remove and pour off all but 2 tablesp. oil and browned bits. Replace chicken and add remaining ingredients. Cover, simmer 10 min. 4 servings.

NIWATORI SUKIYAKI

4 chicken breast halves, boned and cut in thin strips
2 tablesp. Wesson
1 onion, sliced thin
1 cup sliced celery with leaves
1/4 cup chicken broth, liquid from mushrooms or water
2 tablesp. soy sauce
2 teasp. sugar
1 can (5 oz.) bamboo shoots
1/2 lb. fresh spinach, shredded
1/2 lb. sliced fresh mushrooms or 1 can (4 oz.)

For quick handling or preparing at table, arrange chicken and vegetables on large platter. Brown chicken in hot Wesson in large skillet. Add onion and celery with broth, soy sauce and sugar. Cover and cook over low heat about 5 min. Add remaining ingredients. Cover and cook slowly 5 min., stir once. Serve with rice. 4 to 6 servings.

CHOP SUEY

1 cup sliced celery
1 onion, sliced
2 tablesp. Wesson
1-1/4 cups chicken broth
1 tablesp. cornstarch
1 small green pepper, in thin strips
2 cups cubed cooked chicken
1 can (16 oz.) bean sprouts, drained
1 can (5 oz.) water chestnuts, drained, sliced
2 tablesp. soy sauce

Cook celery and onion in Wesson 3 min. Add 1 cup chicken broth, mix cornstarch with remaining broth. Blend into skillet with green pepper, cook just until thick. Add remaining ingredients, heat. Serve with rice. 4 servings.

PINEAPPLE SPICED CHICKEN

1 fryer, disjointed
1/4 cup Wesson
1 onion, sliced
1 cup chicken broth
1 can (13-1/2 oz.) pineapple chunks with juice
2 tablesp. lemon juice
3 tablesp. soy sauce
1 tablesp. cornstarch
1/2 teasp. dry mustard
1 small green pepper, sliced

Brown chicken in Wesson. Remove, sprinkle with salt and pepper. Cook onion 3 min. in drippings. Add broth, juice from pineapple and lemon juice. Mix soy sauce, cornstarch and mustard, add to hot liquid, stirring until clear and thickened. Add chicken, cover and simmer 20 min. Add green pepper and pineapple chunks. Cover, cook slowly 5 min. 4 servings.

Aloha Aloha: In the above use ½ teasp. ginger and 1 teasp. grated lemon peel instead of mustard. Add 10 sliced dates with green pepper and pineapple. Garnish with toasted almonds and serve with rice. 4 to 6 servings.

Vegetables, too, are delicious
cooked quickly in a little hot Wesson.
Better for you, too.
Wesson helps keep in the vitamins
that are lost in boiling water
—also helps us absorb more Vitamin A.

CHICKEN PAELLA

1 fryer, disjointed
1/2 cup flour
2 teasp. salt
1/2 teasp. pepper
3/4 cup Wesson
1 cup raw rice
1 onion, chopped
1 clove garlic, minced
1 can (16 oz.) tomatoes
1 cup water
1/4 teasp. marjoram
1 small can oysters or shrimp†
Dash Tabasco
1 pkg. (10 oz.) frozen peas, cooked

Dredge chicken with flour mixed with half of salt and pepper. Brown in Wesson. Remove chicken, pour off all but 2 tablesp. oil and browned bits. Cook rice, onion and garlic until lightly browned. Return chicken to skillet, add tomatoes, water, salt, pepper, marjoram and Tabasco. Cover and cook over low heat about 25 min. Gently mix in oysters and peas. Heat through. 6 servings.

†Blue Plate, Gulf Kist or Dunbar brand.

ARROZ CON POLLO

1 fryer, disjointed
1/4 cup Wesson
1 cup celery, chopped
1 green pepper, chopped
1 onion, chopped
1 clove garlic, minced
1 cup raw rice
1 can (8 oz.) tomato sauce, such as Hunt's
1-1/2 cups water
1/4 to 1/2 teasp. saffron
2 teasp. salt
1/4 teasp. pepper
1 teasp. brown sugar
1 can (4 oz.) pimientos, chopped

Coat chicken with hot Wesson in heavy skillet. Brown over medium heat. Remove chicken, add remaining ingredients except pimiento, stir well. Replace chicken, cover, cook slowly 30 to 40 min., until rice is done. Fluff rice with fork, add pimiento, heat through. 4 to 6 servings.

CHICKEN TETRAZZINI*

5 tablesp. Wesson
3 tablesp. flour
1/4 teasp. salt
1-1/2 cups chicken broth
1 can (4 oz.) sliced mushrooms
2 cups chopped cooked chicken or turkey
4 oz. spaghetti, cooked
1 cup grated American cheese
1/2 cup dry bread crumbs

Blend 3 tablesp. Wesson and flour over medium heat until smooth. Add salt and broth. Cook, stirring till thick. Add mushrooms with liquid. In oiled 2-qt. casserole alternate layers of chicken, spaghetti, cheese and mushroom sauce. Top with crumbs mixed with remaining Wesson. Bake at 375° (moderate oven) 25 to 30 min. 6 servings.

*Please see note on page 2.

CHICKEN CACCIATORE

1 fryer, disjointed
1/2 cup flour
2 teasp. salt
1/4 teasp. pepper
1/2 cup Wesson
2 onions, chopped
1 can (16 oz.) tomatoes
1 can (8 oz.) tomato sauce, such as Hunt's
2 cloves garlic, minced
1-1/2 teasp. oregano
1 teasp. celery seed

Coat chicken with flour mixed with half of salt and pepper. Brown in hot Wesson in deep fry pan. Remove chicken. Cook onions until soft. Add remaining ingredients and chicken. Cover and simmer 40 min. or until tender, turn occasionally. 4 to 6 servings.

Wesson, the pure vegetable oil, is poly-unsaturated . . . never saturated with hydrogen as solid shortenings are.

CHICKEN CAPERS*

1 fryer, disjointed
1/4 cup flour
1/2 teasp. each onion powder, salt
1/4 teasp. pepper
1/4 cup Wesson
1/4 cup water or white wine
1 can (4 oz.) sliced mushrooms
1/2 cup sliced stuffed olives
2 tablesp. capers

Dredge chicken in flour, onion powder, salt and pepper mix. Brown in Wesson. Add water, cover and cook slowly 20 to 30 min. Add mushrooms, olives and capers, heat through. 4 servings.

*Please see note on page 2.

CHICKEN OREGANO

1 fryer, disjointed
1/4 cup Wesson
1 onion, chopped
1 clove garlic, minced
2 fresh tomatoes, diced
1 can (4 oz.) mushrooms and juice
1 teasp. salt
1/4 teasp. pepper
1 tablesp. oregano or dill weed

Coat chicken with hot Wesson in heavy skillet. Brown over medium heat. Add onion and garlic, cook 3 min. Add remaining ingredients. Cover, cook slowly 30 min. Nice with rice. 4 to 6 servings.

COQ AU VIN

1 roasting chicken, disjointed
1 teasp. salt
Dash pepper
2 tablesp. flour
3 tablesp. Wesson
6 whole small onions
1 clove garlic, minced
1 can (4 oz.) sliced mushrooms
1-1/2 to 2 cups red wine
1 teasp. whole coriander or 1 large bay leaf
1/4 cup minced parsley
3 green onions, sliced

Coat chicken with seasoned flour. Brown in heavy skillet in hot Wesson. Remove. Add onions and garlic, cook until tender. Add remaining ingredients and chicken. Cover, simmer 2 hours till chicken is tender. Serve over rice. 6 servings.

CHICKEN MARENGO

1 roaster or fryer, cut up
1/4 cup Wesson
1 clove garlic, minced
1 onion, chopped
1-1/4 teasp. salt
1/4 teasp. pepper
1/2 cup white wine or chicken broth
2 tomatoes, peeled, quartered
1 cup fresh mushrooms or 1 can (4 oz.)

Coat chicken with hot Wesson in skillet. Brown. Add garlic, onion, seasonings and wine. Cover, cook slowly until chicken is done. The last 5 min. add tomatoes and mushrooms. 4 to 6 servings.

CHICKEN TARRAGON

1 fryer, disjointed
1/4 cup Wesson
1 onion, thinly sliced
1/2 pound fresh mushrooms, sliced
1 teasp. salt
1/4 teasp. pepper
1 teasp. tarragon or marjoram
1/4 cup chicken broth, wine or water

Coat chicken with hot Wesson in heavy skillet. Brown over medium heat. Add remaining ingredients. Cover and cook over low heat about 30 min. or until chicken is tender. 4 servings.

SESAME FRIED CHICKEN

1 fryer, disjointed
1 egg
2 tablesp. milk
1 tablesp. flour
1/2 cup sesame seeds
1/2 cup flour
1-1/2 teasp. salt
Dash pepper
Wesson to depth of 1 inch in large fry pan

Dip chicken in egg combined with milk and 1 tablesp. flour, then in mixture of sesame seeds, ½ cup flour and seasonings. Place chicken in moderately hot (350°) Wesson. Cover, cook 10 to 15 min. Turn when golden brown, reduce heat. Finish cooking (about 10 min.) without lid. 6 servings.

Please see note on page 2.

MEXICAN CHICKEN

1 3-lb. chicken, disjointed
1/2 cup Wesson
1 green pepper, chopped
1 onion, chopped
1 clove garlic, minced
2 cans (8 oz. size) tomato sauce, such as Hunt's
1 to 2 teasp. chili powder
1 teasp. salt
1/4 teasp. Tabasco
2 whole cloves
1/2 oz. unsweetened chocolate

Coat chicken with Wesson. Brown, place in baking dish. Pour off all but 3 tablesp. Wesson and browned bits and cook green pepper, onion and garlic. Combine with remaining ingredients. Heat until chocolate is melted. Pour over chicken. Cover and bake at 350° (moderate oven) 45 min. or until done. 6 servings.

Chicken cooked in Wesson
tastes like chicken should.
Wesson never adds taste of its own.

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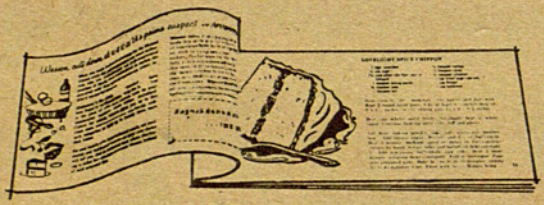
Free Wesson Recipe Booklet
you'll enjoy . . .



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